



## Lynn Arnold

### About Me

I have been with the Y for 25 years as a Group Ex. Instructor, and I have been a Personal Trainer for 20 years. I have worked with a variety of people, and the one thing they all have in common is that their fitness journey wasn't a straight path. The path to a healthier lifestyle often diverges for different reasons, some within their control and some not. My goal is to help lead people on that path, making it easier, safer and lifelong.

### Certifications

- American Council on Exercise (ACE)
  - Personal Trainer
- Silver Sneakers Instructor
  - Classic
  - Yoga
  - Splash
- YogaFit
- Barre
- TRX Instructor

### Specializations

- Active Older Adults, H.I.I.T, Strength & Conditioning

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**"Strength does not come from what you can do. It comes from overcoming the things you once thought you couldn't"**



**Clermont County YMCA**  
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### My Y Story

I began as a Y member 26 years ago. I had just had my second child and had a lot of baby weight and stress to lose. I found a way within fitness classes and personal training. They say if you find a job you love you will never work a day in your life. I love what I do and look forward to it every day!

### Biggest Result with a Client

Helped a client eliminate a limp and improve her gait after a hip replacement

### How would I define my training style?

Helping clients learn, motivate, and gain skills to lead them on a path of a healthy lifestyle

### Favorite Workout

High Intensity Interval Training ((H.I.I.T)